

By DR. HUTCHINSON---

(Eminent Physician, Whose Sensible Discourses on Health Are Widely Followed)

Man's Closely Related Mind and Body a Parcel Post System Easily Upset by the "Blues"—Bitter or Grouchy Feelings, Anger or Sudden Surprise, Send in Their Bills to the Body in Terms of Indigestion, in Forty-Five Seconds.

HARD feelings, like hard-boiled eggs, are bad for the digestion. It is quite true that the way to a man's heart is through his stomach, but it is equally true that the way to a man's stomach is through his heart. In the sense that bitter or grouchy feelings of any sort send in their bill to the body in terms of indigestion. In the sour all things turn sour.

This marvelous man machine of ours is built curiously all of one piece. Mind and muscle, body and spirit, fuel and feelings are so closely related as heads and tails of the same coin. They act and react upon each other until it is hard to say which has the more powerful influence.

On the one hand, we know quite well that certain of our feelings, such as tiredness and hunger, are due to chemical changes which have taken place in our blood and in our muscles. On the other hand, strong feelings, such as anger, sudden surprise or the "blues," will set up chemical changes in our blood and our nervous system which will throw our whole body machinery out of gear.

OUR "MAIL SYSTEM" BODIES.

In an earlier day we used to put down all these frictions and interferences and short-circuitings to our telegraph nervous system, and that was complicated, mixed up and cross-crosswise enough in all conscience. But now we know that, in addition to our government-owned system of wires flashing messages all over the body, we have a parcel post and free deliveries called hormones, carried everywhere in the blood as it pours through the arteries and veins throughout the body which convey information and orders of the liver in the center, for instance, the muscles of the limbs at the outposts, and the control station of the brain at headquarters.

This may sound like rather slow delivery, but as the blood will make the entire circuit of the body from the heart and back to the heart again in about forty-five seconds the messages sent in these hydraulic tubes make vastly better time than the average district messenger boy.

POISONS AND BREATHING.

At meal time, for instance, some of the most quickly soluble and tasty extracts of our food are picked up by the blood vessels in the mouth, swept down to the heart and shot all over the system. When in the course of a few seconds they reach the cells and the glands of the pancreas and the intestines they tell them what kind of food is coming by presenting them with a sample, so to speak, and stir them up to prepare the proper kind of juice for its digestion.

The best known of these so-called hormones is the one which controls the rate and depth of our breathing. This is the well-known carbon dioxide, or so-called carbonic acid, which furnishes the "fizz" at our soda fountains, for instance, and is one of the most abundant waste substances in our blood.

Just as soon as this waste poison rises above a certain percentage in the blood, as it passes through our lungs, it becomes irritating to the breathing center in the lower part of the brain and this promptly gives orders to the muscles of the chest to breathe quicker and deeper.

As soon as this quicker breathing has gotten rid of enough carbon dioxide to bring it down to its natural level in the blood, then the center of the brain is no longer stirred up by the impure blood passing through it and allows breathing to drop to the natural rate.

LUNG SAFETY VALVE.

So delicate is the adjustment of this breathing center that an increase of a very few parts per thousand of carbon dioxide in the blood will start it to blowing off steam in this safety-valve fashion by quick breathing.

Now consider what takes place when we are suddenly startled by the sight of a street car collision or the bang of a loud explosion. We are so astonished that we forget to breathe, and we stand staring open-eyed and open-mouthed.

This starts the carbon dioxide piling up in our blood, and in a very few seconds it gets strong enough to stir up the breathing center, we catch our breath with a gasp and start breathing rapidly and deeply to ventilate our blood once more. It fairly takes our breath away."

If the thing which has startled us happens to be somebody or some object which we dislike, then another message is sent to the breathing center in the brain to keep on breathing deep and hard so as to be ready for any clash or "scrap" which may result from the incident. Even if nothing more comes of it, we find ourselves breathing hard, with our muscles rigid and our hands clenched or fingers twitching for fifteen or twenty minutes afterward.

EFFECTS OF EMOTION.
So that every time a flash of resentment or dislike passes through us, it upsets our body balance and our body chemistry in a most unwholesome way. And if we let ill-feeling or "bad blood," as we say, grow up between ourselves and any of our neighbors or customers, members of the office or factory force with whom we have to work, so that this growl or quiver of dislike runs through us every time we see them, we may be kept in an almost perpetual state of irritation and upset which will not only interfere with our concentrating our minds on our work, but will have a serious effect upon our health.

One of the most marked effects of chronic and often repeated hard feelings is upon the digestion and assimilation or burning up of our food. Many of us have heard, or, perhaps, know by personal experience, how the coming of bad news or the sight of something unpleasant during a meal, or a hot argument verging upon a "spat" right after supper will upset digestion, and may even cause vomiting and colic.

We have known for a long time that this would happen, but because as O. Henry remarks, "It is not given to us to see deeper into a man's bosom than the polish on his shirt front," we were in the dark as to just how and why it occurred.

X-RAY REVELATIONS.

The coming of the X-ray, however, gave us a means of deeper vision. By the ingenious method of mixing with the food of cat, dog, or human being some harmless heavy powder, opaque enough to cast a shadow, we can watch and photograph with the X-ray the process of digestion and the passage of the food through the stomach and intestines.

As the powders used, such as bismuth or talcum, are practically tasteless and colorless, a cat will take them readily mixed with its food. And when the cat has become accustomed to her comfortable cradle and to the flicker of the X-ray, so that she will dose quietly and let her dinner digest while her "inside" photograph is being taken, the study of the

course of digestion is begun.

Now, if the door is suddenly opened and a strange dog is brought into the room—still more so if it be allowed to approach close to the cat's cage and bark at her through the wires—the whole procession is broken up at once.

FOOD TURNS TO POISON.

The churning and vibrating movements of the stomach and intestines by which the food is mixed with the digestive juices on through the alimentary canal stop abruptly, or may even be reversed so as to drive the partly digested food back up into the stomach again or even up into the mouth. The proper absorption of the food is prevented and even putrefactive changes start in it, so that the wholesome food is literally turned into poison.

This sort of thing on a somewhat modified scale is what takes place in our own stomachs and digestive tracts whenever we get angry or grouchy or jealous while our food is in process of digestion. The more chronic and frequent our hard feelings are, the more continually our nerves and muscles are rasped and poisoned by these irritating products of our food.

CONTROL YOUR TEMPER.

In fact, our blood may become so full of them that the liver no longer can purify it properly, and we become listless and sour; so that envy and grouching, if indulged in unchecked, may literally "turn us green."

It is an admirable and commendable thing to control our tempers, and both foolish and expensive to "cut loose and say just what we think" very often. But the deep breathing and the way in which we wave our arms about and saw the air in the process do actually to some extent relieve us by helping to burn up some of these anger poisons which have accumulated in our blood.

From a health point of view, it is not safe to even indulge in these feelings "in the back of our minds," and to brood and worry over them, because this keeps the poisons slowly simmering in our blood and makes them increasingly more poisonous.

Show cheerfulness and good-will, and the whole world around you will become a mirror to reflect back to you the same good feelings.

"Smile and the world smiles with you, scowl and you scowl alone."

"MISSING LINK" MYTH DISCARDED BY SCIENCE

"For Man to Have Descended From the Ape Would Require Millions of Years and One Hundred Links, and of Such There Is No Record or Trace," Dr. A. T. Schofield Tells Savants at Victoria Institute, London.

"Whether we must at last part with our old friend the missing link," declared Dr. A. T. Schofield in a paper on "Some Difficulties of Evolution," recently read to members and associates of the Victoria Institute in London.

"Leading scientists of the day," proceeded Dr. Schofield, "deny the existence of our friend anywhere. He is certainly backward in coming forward."

"Prof. Keith says, indeed, this missing link is now generally given up."

"For man to have descended from the ape would require millions of years and 100 links; and of such there is no record or trace."

"Some Japanese fossil skulls just discovered, and some others of very remote date, have actually a larger brain capacity than the average brain today."

"I believe it has been gravely suggested that at that time their owners were becoming men, and the effort was so great that extra brain capacity was required for the purpose."

"This illustration shows how ridiculous such attempted explanations may become."

One of the difficulties touched upon by Dr. Schofield, says the London Daily News, was the result of the application of Darwin's evolution to man.

"If men will take the supposed law of progress for beasts as the law for themselves," he said, "so far from thereby producing the superman, they degrade humanity to the bestial level, and men are left as beasts."

The sudden appearance in the rocks of the fossils of myriads of entirely new species, "unprecedented by the greatly desired intermedi-

ate types, of which the strata are so shamelessly deficient," was another difficulty in the way of evolution, said Dr. Schofield, adding: "The first chapter of Genesis owed its immortality largely to its unscientific wording."

"People are always complaining that it is not scientifically written. If it had been, it would need rewriting every fifty years. As it is, it stands."

Commenting on the philosophical difficulty of evolving extremely complicated structures out of the simplest forms by such a chance force as natural selection, Dr. Schofield said: "Life can only produce life after its own kind, from Creation till now."

"Grass can never produce a tree, and if in any way the body of a man is to be made from a single living cell, the mind of the Creator, as well as the fashioning hand, must be present every step of the way."

Electrified Vaccine.

A REMARKABLE process has been invented for the production of such vaccines as typhoid and cholera on an economical scale.

Bacteria of the particular disease are grown in bouillon, which is treated by passing through it an electric current of between twenty and thirty volts for two hours. The bacteria are not killed by this treatment, but are rendered quite harmless, and in this state they can be cultivated on a large scale, the new culture being still harmless, although it subordinated in the ordinary way they usually regain their virulence.

These cultures can be mixed with a saline solution and administered for vaccination in the usual way.

By George Ade The Coming Out Girl And A Few Of Her Keen Guesses



Merciful Mayonnaise," Said Mother.

"MY daughter, we start for the Country next Week," said the elderly Society Bird to her little Chick. "Up to the Summer Hostelry for a bang-up Suite at a Per Diem Rate that will put a large Crimp into Papa's Income for 1922. You are now at the Pin-Feather Period, and Mother must teach you how to Fly. I have been giving a lot of Hard Thought to the Man Game for, lo, these many Moons, and, without passing myself any fragrant Cluster of Green Peas, I think I am Next."

"Every Woman of Experience has a private Rogue's Gallery. She can give you a Line on the whole Bunko Brotherhood from Sammy the Sophomore up to the Deceitful old Has-Been who wants to hold your Hand because you look so much like his Daughter. Taking the whole Outfit, from Seventeen to Seventy, I may add that they are the grandest Bunch of Shell-Workers that ever operated."

"You are a Mere Child of 18, with a Baby Stare and a Simple Faith in Mankind, and you are due to be Strung unless you Cope about four-thirds of all that is whispered to you. There will be enough Hot Air wasted around that Hotel this Summer to keep a Flat Building nice and warm all next Winter. It behooves you to be Foxy, otherwise you will be engaged to so many at one time that you will get twisted in your Book-Keeping and overlay your System. You must not be chummy with any Gentlemen until you have known him at least Two Days."

"No doubt I shall make many Misses," said Isabelle, "and yet I am willing to Experiment."

"I suppose you understand that in order to be strong with the various Kinds that will be on your Trail you must learn to be a Quick-Change Artist," said Mother. "For instance, there is the Spring Lamb, just home from College. When he walks along the Veranda it sounds like a Team going over a Bridge. If one of those Squabs should begin to pursue you, what would you do?"

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"Grass can never produce a tree, and if in any way the body of a man is to be made from a single living cell, the mind of the Creator, as well as the fashioning hand, must be present every step of the way."

"The way to make a Ten-Strike with him is to feel his Muscles and tell him how well his Clothes fit. If you jolly him up for three or four days you may get a nice Photograph of him, and then he will bone you for one in Return and tell it up in his Den and tell all the other Johnnies that you are crazy about him. The Trouble with the Glad College Youth is that he has been plucked a little too soon. Besides, I don't think a Man starts in to be Good Company until he is past 25."

"And some of them have a few Points to pick up after they pass 25," added Mother. "You seem to be wise to the very Young Kind. How about the Bachelor with the Tremolo Voice who wants to sit about six inches away from you all the time and look you straight in the Eye and tell you that Life was a Desert until he bumped into you?"

that Boy's Measure all right, all right. He's the kind that wants you to lean on his Shoulder and tell all your Troubles to a True Friend after he has known you about Twenty Minutes, and if you hang back he is Hurt and seems to think that you do him an injustice. He has got away with it so often that his Nerve is beyond belief. As for the Oatmeal Mush that he articulates, it is the Kind calculated to make a Girl ashamed of herself unless she starts right in and loves him with her whole Soul."

"He is a pretty dangerous Proposition. You can say 'Scat!' to Ferdie the Freshman, or else send him on an Errand, but Mr. Arthur Fresh, who is getting along toward thirty, is so accustomed to the Throw-Down that he arises, dusts his clothes and comes back with a Genial Smile and treats the whole Incident as a Joke."

"Then, if you Repent and try to Square yourself, the Chances are that he will wait until you begin to act real Friendly and then he will give you the Toes and hike off after some new Geraldine. This kind likes to switch from a Blonde to a Brunette about every third day."

"Merciful Mayonnaise!" exclaimed Mother. "I don't believe I am qualified to sit on the Side-Lines and do any Coaching for you. You seem to have a lot of Inside Stuff. Did they teach you all this at Boarding School?"

"Don't give it away," said Isabelle, "but I'll tell you on the Q. T. that we have what is known as the Protective Order of Buds. The Trifler who goes up and down the Line springing the Guff about Love at First Sight is spotted and tagged in a Hurry. There are two ways of handling this Party. One is to spring his Record on him and kid him until he lets up. The other is to believe everything and String him along."

"The Second Method is the one usually employed by all True Artists. The older the Bachelor the bigger the Cinch. Hold on to one of his Coat-Buttons and look up at him and ask him a lot of feeble-minded questions about the Wicked World and he will talk for Hours at a Time. But the Minute the Sun goes down you want to yell for a Chaperon. That will lead him to believe that he is a fascinating and dangerous Person. It is always a terrific Hit."

"I know two Girls who landed Good Things last summer merely by sitting out in a Hammock and calling for Chaperons. They used to sit out until Midnight begging somebody to go for a Chaperon, and the Gentlemen had to talk to them for Hours in order to calm them and convince them that the Whole Proceeding was according to Hoyle; that is, as if the Male Party of the Second Part came of a Good Family."

"I take off my Bonnet to you," said Mother. "You don't need to attend any Night School. There's just one other Variety. How about the Lonesome Married Man?"

By BERTRAND RUSSELL---

(Noted Oxford Professor and Economist)

"I Expect to See China Compelled to Be So Orderly as to Afford a Field for Foreign Commerce and Industry—Then One Day the Massacre of Every White Man in Celestial Kingdom at a Secret Signal."

BBRITISH policy hitherto, in China, has consisted mainly in support of the Japanese, whose policy has been crooked, oppressive, and diametrically opposed to British economic interests. Now, happily, we have begun to co-operate with America. But the new policy, though an immense advance, also has its dangers, which it is as well to face.

Both the English and the Americans wish to control Chinese policy and Chinese internal affairs through finance. I think both sincerely believe that, in so doing, they are acting for the good of China, but to my mind this belief is mistaken, though it is not surprising in view of the political chaos in China. At any rate, those who do not believe in the domination of the world by a few great capitalists would do well to note some facts about British and American doings in China.

AMERICA'S ATTITUDE.

It is in China that American policy has been seen at its best. America alone has not sought concessions, has returned the balance of the Boxer indemnity, has stood for the open door, and has championed the independence and integrity of China.

All these things are admirable, but they show wisdom rather than selfishness; they are all strictly consonant with American interests. The Washington conference has provided a good deal of rather painful evidence that the interests of China receive little consideration when they are opposed to those of America.

China is in financial difficulties, partly owing to the anarchy which has been carefully fomented by Japan, but mainly owing to the withholding of the customs revenue by the British Inspector-General of customs. The artificiality of the difficulties is set forth by the London Times in a telegram headed "China's Sore Strains: Bankruptcy and Rising Revenue," as follows:

DUTIES AND DEBTS.

"It is curious to reflect that this country should be rendered completely solvent and the Government provided with a substantial income almost by a stroke of the foreigner's pen, while without that stroke there must be bankruptcy pure and simple. Despite constant civil war and political chaos, the Customs revenue consistently grows, and last year exceeded all re-

cords by \$5,000,000. The increased duties sanctioned by the Washington Conference will provide sufficient revenue to liquidate the whole foreign and domestic floating debt in a very few years, leaving the splendid salt surplus unencumbered for the Government. The difficulty is not to provide money, but to find a Government to which to entrust it. Nor is there any visible prospect of the removal of this difficulty."

How has America dealt with this stringency created by the British? The Chinese Government has failed to meet an obligation of \$27,500,000 due to a Chicago bank.

The resulting action of America is as follows:—

American financiers and politicians were at one and the same time the heroes and villains of the piece; having co-operated in the creation of a dangerous situation, they came forward hand-in-glove in the hour of trial with an offer to save China from themselves, as it were, if the Chinese Government would only enter into relations with the Consortium, and thus prepare the way for the eventual establishment of an American financial protectorate.

In the "Japan Weekly Chronicle," in a telegram headed "International Control of China," I find it reported that America is thought to be seeking to establish international control, and that Mr. Wellington Koo told the Philadelphia Public Ledger:

"We suspect the motives which led to the suggestion and we thoroughly doubt its feasibility. China will bitterly oppose any Conference plan to offer China international aid." He adds: "International control will not do. China must be given time and opportunity to find herself. The world should not misinterpret or exaggerate the meaning of the convulsion which China is now passing through." These are wise words, with which every true friend of China must agree. In the same issue of the "Japan Weekly Chronicle"—which, by the way I consider the best weekly paper in the world—I find the following:

"Mr. Lennox Simpson (Putnam Weale) is quoted as saying: 'The international bankers have a scheme for the international control of China. Mr. Lamont, representing the Consortium, offered

a \$16,000,000 loan to China, which the Chinese government refused to accept because Mr. Lamont insisted that the Hukuang bonds, German issue, which had been acquired by the Morgan Company, should be paid out of it.' Mr. Lamont, on hearing this charge, made an emphatic denial, saying: 'Simpson's statement is unqualifiedly false. When this man Simpson talks about resisting the control of the international banks he is fantastic. We don't want control. We are anxious that the conference result in such a solution as will furnish full opportunity to China to fulfill her own destiny.'"

CONTRADICTION IN TERMS.

Sagacious people will be inclined to conclude that so much anger must be due to being touched on the raw, and that Mr. Lamont, if he had had nothing to conceal, would not have spoken of a distinguished writer and one of China's best friends as "this man Simpson."

Mr. Lamont's statement that the Consortium does not want control reads like a contradiction in terms. Those who wish to lend to a government which, if it is let alone, will go bankrupt, must aim at control, for, even if there were not the incident of the Chicago bank, it would be impossible to believe that Messrs. Morgans are so purely philanthropic as not to care whether they get any interest on their money or not, although emissaries of the Consortium in China have spoken as though this were the case.

While I was in China the Consortium, which is theoretically international, but practically American, offered a loan to China on condition that China make certain internal reforms.

China rejected the offer, rightly as I thought, since it involved international control.

Shortly before my departure from Peking, Mr. Crane, who had just ceased to be American minister to China, was reported in the "Peking Leader" (a paper owned by Chinese, but edited by an American) to have stated, in an interview, that he was in favor of international control of China. I mentioned this interview in a farewell address. To my amazement, there was an uproar among the very Americans who had advocated the Consortium.

The editor of the "Peking Leader," in whose pages the interview had appeared, expressed astonishment that I could have believed it genuine, and made difficulties about permitting my address to be reprinted. I left China immediately afterward, and do not know what subsequently occurred, except that the "Peking Leader" published an editorial criticizing my work as a professor. All this shows the curious confusion of mind which enables people to advocate a loan on condition of internal changes, and yet to imagine themselves opposed to international control.

THE FUTURE OUTLOOK.

I expect to see China compelled to be orderly so as to afford a field for foreign commerce and industry; a Government such as the West will consider "good" substituted for the present go-as-you-please anarchy; a gradually increasing flow of wealth from China to the investing countries, the chief of which is America; the development of a sweated proletariat; the spread of Christianity; the substitution of the American civilization for the Chinese; the destruction of traditional beauty, except for such objects d'art as millionaires may think it worth while to buy; the gradual awakening of China to her exploitation by the foreigner; and one day, fifty or a hundred years hence, the massacre of every white man throughout the Celestial Empire at a signal from some vast secret society.

All this is probably inevitable, human nature being what it is. It will be done in order that rich men may grow richer, but we shall be told that it is done in order that China may have "good" government. The definition of the word "good" is difficult, but the definition of "good government" is as easy as A B C: it is the government that yields fat dividends.

CHINESE CONDITIONS.

The Chinese are gentle, urbane, seeking only justice and freedom. They have a civilization superior to ours in all that makes for human happiness. They have a vigorous movement of young reformers, who, if they are allowed a little time, will revivify China and produce something immeasurably better than the worn-out, grinding mechanism that we call civilization.

But China needs a period of anarchy in order to work out her salvation, as all great nations do from time to time. The best of us cannot be cleaner than the filthy cutting under the

Victor Hugo's Works Inspired By Spirits, Says French Psychist

By EARL L. SHAUB,
Universal Service Staff Correspondent.

CHICAGO, April 1.—Victor Hugo received his inspirations after communicating with the next world.

So declared Jules Bois, acting president of the French Society of Psychical Research, in an interview here. To prove his assertions he cites "Les Châliers de Jersey," a manuscript said to contain revelations made to the French author by purported spirits.

"He conversed with spirits purporting to be those of Shakespeare, Molière, Sir Walter Scott and others who revealed to him his superconsciousness linking him with the immortal," said Bois. "This gave him the inspiration that made him the prophet of democracy and gave him his conceptions of universal sympathy and cosmic life."

"But Hugo's mysterious communications were not spirits. The messages were merely the revelations of his superconscious self. It is given to few of us to know our superconscious selves. Geniuses and heroes often have a fleeting impression of these deeper personalities, but most of us die in ignorance of this soul life."

Mr. Bois said he has objected to publishing the manuscript because Spiritualists might interpret it unfavorably with their own teachings.

"Hugo was in exile in the Island of Jersey when his daughter Leopoldine was drowned. About this time, Mme. de Girardin, writer and spiritualist, visited the island."

"I will give you back your daughter," she told Hugo, and one stormy night the table rapped the name of Leopoldine. This made a profound impression on Hugo. He and his wife continued experiments and got many messages that were full of philosophy, presentiments and prophecy. The revelations were sublime—greater than Hugo himself. They contained little that was trivial and ambiguous. They were remarkable for their brilliancy and clarity."

Mr. Bois was frank in saying he did not know what powers spoke to Hugo, and said he will not pub-

lish the manuscript until he finds a logical solution.

"To see this, one must inquire into the subconscious," he said. "Each of us has a second personality. Forgotten memories come back to us in our dreams. If we go back far enough into the crypts of the soul we find the genius of man."

"Thus I believe Hugo received revelations from his own genius: He exteriorized the great possibilities within him. His soul was revealed. He became a new man, the prophet of democracy, the hope of humanity."

"From these sources he wrote his hints of the secret of the universe and the mystery of the world. These were not spirits of the dead. In his communication with the infinite, Hugo got the spectrum of himself."

"Here was his higher self speaking to his lower self—a dialogue that was a monologue."

"I am only a psychologist and a Christian. I do not attempt to explain spiritual phenomena, but I believe in the immortality of the soul and regard this subject as a bridge between the finite and the infinite."

Unearth Roman Camp

IN constructing an arterial road which is to be the beginning of a new Ramagato on the eastern outskirts of that town in England, workmen have made interesting discoveries of the Roman occupation. A little below the turf they came across the remains of a Roman camp, and the traverses of old trenches hewn out of the chalk were revealed.

The pottery found included two water bottles and an urn, wonderfully preserved, and a piece of earthenware which showed signs of having been ornamented by the regular application of a thumb nail. There were fragments of pottery with traces of Gallo ware.

One of three brass coins found was of the period of the Emperor Vespasian, who died in A. D. 79.

The find is one of the richest made in a district, where evidence of the Roman occupation is frequently coming to light.